

The KITCHEN CABINET

Love all, trust a few,
Do wrong to none; be able for thine enemy.
Rather in power than use; and keep thy friend
Under thy own life's key; be checked
In silence.
But never tax'd for speech.
—Shakespeare.

A FEW ROYAL CHRISTMAS PRESENTS.

The Christmas spirit may best be expressed to our friends by a gift appropriate and not too exacting upon one's resources. We are so apt to think that things common to us will be unappreciated by our friends. This is often the reason we have gifts so characterless that are unenjoyed and we burden our friends with gifts that are not desired.

When one is fortunate enough to live on a farm the gifts to town friends may represent the whole family. The father and boys may put a fowl or a brace of wild game, fruit and a few vegetables in the Christmas basket while mother and the girls will add a box of cookies, a glass or two of jelly, a plant, or a bit of needlework.

The present coming from the farm is not to be despised. A tiny Christmas tree taken from the woods and potted will be a most welcome gift to those who live away from growing things. A walk in the woods will disclose many a bit of green or color to decorate the gift basket. A tiny glass of jelly in a small basket to fit it, tied with a sprig of partridge berry or wintergreen, is such a welcome gift to the invalid. A quaint little jar filled with jam, tied up with a festive bow, is another.

A fern dish with a violet plant, hepatica and a little fern, will be a joy to a shut-in, especially if she has been a country girl.

Wild crabapple jelly is such a delicious one for the Christmas table, and may be made in quantities where the wild crab is plentiful.

A small jar of real farm butter or a box of hickory nut meats, a card or two of honey and a jar of mince meat, are all suggestive gifts. A nice fat mince pie tied up in tissue with a spray of Christmas greens, will be another most happy gift.

If one has an herb bed, a package of assorted herbs will find a warm place in the affections of the town housekeeper.

Honey cakes and boxes of farm-made doughnuts will make many hearts happy who have had to save on sugar this year. These are but a few of many suggestions which may be worked out, each adding a touch of originality to her gift and bringing unalloyed joy to the recipients.

A man's fortunes are the fruit of his character. A man's friends are his magnetism.

THE BREAKFAST CEREAL.

In most homes, especially where there are children, the first meal of the day is begun with a dish of cereal, usually following a bit of fruit. Baked apple, or any fruit is a safe one to precede the children's cereal. Acid fruits, like grapefruit or oranges, if all sour, will cause digestive trouble if followed by a cereal with cream. Very often we have such a variety of cereals on the market these days that we need never have the same one too often. The average child or grown-up will eat well-cooked oatmeal oftener with enjoyment than any other breakfast food. Many of the cereals will be eaten with relish if served with fruit which would otherwise be refused. The daintiness of serving bears no small part in the manner of its reception.

When serving cream of wheat or any cooked cereal which molds well, pour into a hollow mold and serve filled with fruit of the season. Serve it at the table so that the eye may be charmed with its appearance. Such a dish, when served with cream and sugar, will be happily and quickly eaten.

For the early winter days, cornmeal mush, hominy and graham mush may be served, using any leftover for frying. If possible, have the corn freshly ground, using the whole kernel; it is so much more appetizing. Such cornmeal does not keep well, but if obtained fresh is far superior to the kiln-dried corn.

Whole wheat fresh from the field or granary makes most wholesome and nutritive breakfast food. It must be soaked overnight and cooked for half a day to soften the grain. A fireless cooker or double boiler makes the best cooking utensil, as it needs slow cooking at a low temperature. Sliced fried apples with oatmeal is a good combination. A spoonful of sliced peaches or one of fresh berries with any cereal served at the side of the dish, is another.

The leftover breakfast food need not be wasted, as it improves almost any muffin, gem or popover when added to the mixture before baking.

Experience teaches us what fools we have been, but unfortunately it doesn't prevent us from repeating.

EMERGENCY DISHES.

A most delicious pie which may be quickly prepared, providing you have the cooked prunes, is the following: Bake a good rich shell and fill it with stewed, chopped prunes, topped with whipped cream sweetened and flavored. Canned fruit of various kinds may take the place of the prunes, but these make an especially good pie.

Cabbage Salad.—Put a small cabbage head through the meat chopper. Mince a 2-inch square of salt pork in small cubes and fry a golden brown. Pour the boiling hot fat with half of the browned bits of pork over the cabbage with a small shredded onion (the onion may be put through the chopper with the cabbage); stir and mix well; add plenty of salt and a few dashes of cayenne pepper. In the frying pan heat enough vinegar to moisten the salad; pour this over the cabbage boiling hot. Set in the warming oven until ready to serve.

Tomatoes With Corn.—Stew down a pint of tomatoes with one minced onion and a sprig of parsley; season well and put in layers in a baking dish with canned corn. Cover with buttered crumbs and bake until well browned.

Fifteen-Minute Pudding.—Just before dishing up the dinner put on the following pudding to cook: It will be ready to serve in plenty of time for the dessert. Take one cupful of sifted flour, a little salt and a teaspoonful of baking powder; mix well and add enough rich milk to make a drop batter. Butter individual molds or cups, drop in a spoonful of the batter, then a spoonful of canned cherries or strawberries (any juicy fruit); top with another spoonful of batter, set the cups into a pan of boiling water, cover and cook on the top of the stove fifteen minutes. Do not raise the cover while cooking. Serve with sweetened cream or cream and sugar. They are light, tender and delicate when carefully boiled.

Onions and Cheese.—Take a dish of cooked onions, place in layers in a buttered baking dish with white sauce and cheese. Bake until well heated through. Use a rich cream cheese, as otherwise the cheese will cook stringy.

Know the true value of time; snatch, seize and enjoy every moment of it. No idleness, no laziness, no procrastination; never put off till tomorrow what you can do today.—Chesterfield.

DAINTY SWEETS.

A good finish for a heavy meal is some light and dainty sweet which will neither overtax or burden the digestion. One feels unsatisfied with a fine meal if it is not finished with some kind of a dessert. This need not take elaborate preparation or expensive combinations. In fact the simpler the better for young or old.

Cream puffs filled with any desired filling, a bit of ice cream or whipped cream stirred with a spoonful of jam for flavor. Many fillings will occur to suit the taste. Chocolate, or caramel filling is liked, as well as maple. Junket lends itself to various flavors and combinations. A small glass of junket may follow a hearty dinner with no feeling of having eaten too much. A tasty little hurry-up dessert may be prepared by placing chocolate creams on small round crackers, set in the oven until the chocolate is melted and served with coffee.

Graham crackers spread with jelly and decorated with two marshmallows then put into the oven to brown and puff are well liked for another sweet cracker.

A few dates or figs stuffed with a bit of fondant or simply rolled in sugar or stuffed with a nut or two makes a most delightful dessert well relished by all who have a sweet tooth.

Cinnamon Cream Tarts.—Beat a teaspoonful of butter with half a cupful of powdered sugar and half a teaspoonful of cinnamon in a bowl. Place half a dozen split crackers hollow side up in a baking pan, drop a spoonful of this mixture in each and bake in a hot oven for two minutes.

If fond of peanut butter serve some squares of sweet chocolate sandwich fashion for the young folks' dessert. This is a most nutritive food and would do for a luncheon when taking a long tramp, as it takes but little space to carry.

Junket.—Warm a pint of milk to the lukewarm stage, add a junket tablet dissolved in a teaspoonful of cold water. Flavor and sweeten to taste, stirring until well blended. Pour into sherbet cups and let stand in a warm room until the junket is set. Serve with sweetened whipped cream or a spoonful of marshmallow cream on top of each cup.

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Nellie Maxwell

How Christ Reveals Himself

By E. J. PACE
Acting Director Missionary Course, Moody Bible Institute, Chicago

TEXT—Now ye are the body of Christ and members one of another.—1 Cor. 12:27.

Imagine a slave-trader writing a hymn like this:

Quiet, Lord, my forward heart,
Make me teachable and mild;
Upright, simple, free from art,
Make me as a weaned child;
From distrust and envy free,
Pleased with all that pleases thee.



But it so happens that John Newton was not a slave-trader when he wrote this. From a blasphemous, brutal slave-driver, cracking his cruel lash over the backs of his black chattels, he had become one of the most sainted of our hymn writers. If ever a man "passed from death unto life," "from the power of Satan unto God," it was this sweet singer of the Christian church. Some one else had taken possession of John Newton's personality; had softened, sweetened and molded it into his own likeness and image, and that one was Christ.

The transforming power of life has been utilized to illustrate the manner in which the Lord of Glory transforms humanity into his own likeness. The figure used is that of the human body, amazingly intricate in its makeup, yet, in all its variety, a wonderful unity. A living personality dominates its every part, causing every atom of matter to pulsate with its own life. Every atom of this body of mine once lay dead in the senseless clods of the earth, a highway for worms. Now, they are mine, and they have passed from death unto life. By the power of this life present within me, they have been transformed into living tissue, formed into myriad cells, assembled and arranged to suit my particular needs, the whole becoming my.

Soul Revealer.
The soul is sometimes spoken of as "imprisoned in a tenement of clay," but is this true? The body does not shut in and conceal the soul, but just the contrary. It is the great soul revealer. Indeed, so far as we have any experience, it is the soul's only revealer. We can know nothing about each other save as we reveal ourselves through the acts of the body. Our characters are written plainly across our faces so that even "he who runs may read."

The sublime truth which the New Testament teaches us, that the Spirit of the Infinite God lays hold upon us who are dead in trespasses and sins and takes up his dwelling in the humblest believer in Christ. Through these believers, in whatever place or time, the Spirit of Christ reveals himself to the world. God has many ways of revealing himself, but in the moral world only one, and that is through moral agents submitted to his loving control. Does the world see in me anything to suggest the character of Christ? Is the world led to sense the presence of the Master in my conduct of business affairs? Do my companions in the home who know me most intimately, appreciate the control of this divine life? But to be a true revealer, the body must be

The Bond Servant.
The body is not only the revealer, but also the servant of the soul, and just so far as it serves, it reveals. With one sovereign will controlling every part of my body, every member alive and alert to obey, I am enabled to do my work in the world with delight and ease. But if any member refuses to obey, what hindrance and loss result!

And has our master no object to attain? What must be the yearning of his great heart to bind up the world's cruel wounds in this crisis, and how can he perform this ministry of healing except through the yielded obedience of the members of his body? God grant us the will to surrender to him, and that habit of alacrity in our obedience that delights to do his will. This old world has no greater need than this. "He that doeth the will of God abideth forever."

My will is not mine own,
Till thou hast made it thine;
It cannot reach a monarch's throne
Until its crown resigns;
It only stands unbest amid the clashing strife,
When on thy bosom it has leant,
And found in thee its life.
—George Matheson.

Divinely Appointed Process.

We are to look upon the monotony and the hardships which meet us in our experience as a divinely appointed process. To stand them, we must see them in their true proportions, against the background of the will of our Father. They do not come accidentally into our lot. We need not steel ourselves to endure them as if they were irrational interferences with us. Best take them cheerfully, as the sort of experiences through which every one has had to pass under the discipline of the Father, not excepting the son himself.

A Bad Excuse.

In the good old days of long ago a king said to his jester: "Fool, give me an illustration of the truth of the old adage, 'A bad excuse is worse than no excuse,' and be quick about it."

The jester at once placed his arms round the king and kissed him most affectionately.

The king waxed exceedingly wrath. "How dare you take such liberty, you insolent varlet!" he exclaimed.

"I beg your majesty's pardon," replied the jester. "I thought it was the queen."—London Chronicle.

Important to Mothers.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Enthusiastic.

"He's very enthusiastic about any project he thinks of going into."

"Counts his chickens before they are hatched, eh?"

"Yes, and figures two to a shell."—Louisville Courier-Journal.

Cuticura Complexions.

Nothing better than Cuticura Soap daily and Ointment as needed to make the complexion clear, sculp clean and hands soft and white. For free samples address "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Man to Be Honored.

"De real patriot," said Uncle Eben, "is de man dat followed de music of de band clear over to whur de sho' nuff fightin' was."

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 75c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Chicago a Diamond Center.

New York during the war has become one of the world's greatest centers of the diamond trade. The United States now buys almost the entire output of the South African mines, which supply 95 per cent of the world's diamonds. Several diamond-cutting factories have been established in New York. The diamond headquarters of the West are in Chicago. It is said more cut and uncut diamonds are housed in one building in Chicago than in any one building in the world.

RELIABLE PRESCRIPTION FOR THE KIDNEYS

For many years druggists have watched with much interest the remarkable record maintained by Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder medicine.

It is a physician's prescription. Swamp-Root is a strengthening medicine. It helps the kidneys, liver and bladder do the work nature intended they should do.

Swamp-Root has stood the test of years. It is sold by all druggists on its merit and it should help you. No other kidney medicine has so many friends.

Be sure to get Swamp-Root and start treatment at once.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Adv.

Lending a Hand.

"Don't you want to lend a hand to our soldier boys on the other side?" asked the orator at the woman's meeting.

"Lend a hand?" piped up one of the sweet young things. "Why, I gave my hand to one before he went over!"

Greatest Stocker Market.

Kansas City claims the distinction of being the world's greatest feeder and stocker market.

Girls think it unlucky to lose the chance of getting an opal.

HAARLEM OIL CAPSULES IF YOUR BACK ACHES

Do you feel tired and "worn-out"? Are you nervous and irritable? Don't sleep well at night? Have a "dragged out," unrested feeling when you get up in the morning? Dizzy spells? Bilious? Bad taste in the mouth, backache, pain or soreness in the loins, and abdomen? Severe distress when urinating, bloody, cloudy urine or sediment? All these indicate gravel or stone in the bladder, or that the poisonous microbes, which are always in your system, have attacked your kidneys.

You should use GOLD MEDAL Haarlem Oil Capsules immediately. The oil soaks gently into the walls and lining of the kidneys, and the little poisonous animal germs, which are causing the inflammation, are immediately attacked and chased out of your system without inconvenience or pain.

Don't ignore the "little pains and aches," especially backaches. They may be little now but there is no telling how soon a dangerous or fatal disease of which they are the forerunners may show itself. Go after the cause of that backache at once, or you may find yourself in the grip of an incurable disease.

Do not delay a minute. Go to your druggist and insist on his supplying you with a box of GOLD MEDAL Haarlem Oil Capsules. In 24 hours you will feel renewed health and vigor. After you have cured yourself, continue to take one or two Capsules each day so as to keep in first-class condition, and ward off the danger of future attacks. Money refunded if they do not help you. Ask for the original imported GOLD MEDAL brand, and thus be sure of getting the genuine.—Adv.

Coughs and Colds Quickly Relieved

At the first sign of a cold or cough, commence treatment immediately with the best procurable remedy. Schiffmann's Expectorant is guaranteed to be the best and most satisfactory remedy ever used, or money refunded in case it should not prove so. It is so strongly concentrated that 50 cents worth makes 64 teaspoonfuls, when mixed at home with honey or sugar syrup. Positively contains no Chloroform, Opium, Morphine or any other narcotic. Pleasant to take and children are fond of it. Druggists everywhere will refund money if it does not give perfect satisfaction, or is not found the very best ever used for Coughs, Colds, Bronchitis, Croup, Whooping Cough, or Hoarseness. You will be the sole judge and under this positive guarantee absolutely no risk is run in buying the remedy.



—that's what thousands of farmers say, who have gone from the U. S. to settle on homesteads or buy land in Western Canada. Canada's invitation to every industrious worker to settle in Manitoba, Saskatchewan or Alberta is especially attractive. She wants farmers to make money and happy, prosperous homes for themselves by helping her raise immense wheat crops to feed the world.

You Can Get a Homestead of 160 Acres Free

or other lands at very low prices. Where you can buy good farm land at \$15 to \$30 per acre that will raise 20 to 45 bushels of \$2 wheat to the acre—it's easy to become prosperous. Canadian farmers also grow wonderful crops of Oats, Barley and Flax. Mixed Farming is fully as profitable an industry as grain raising. The excellent grasses, full of nutrition, are the only food required either for beef or dairy purposes. Good schools and churches; markets convenient; climate excellent. Write for literature and particulars as to reduced railway rates to Supt. of Immigration, Ottawa, Canada, or to

W. S. NETHERY, Room 82, International Bldg., Columbus, O. Canadian Government Agent

Cause for Rejoicing.

The morning of the eleventh, when the bells began ringing and the whistles blowing, Betty awakened up and asked what it meant.

"The war is over and now we shall have peace," I explained.

"Oh, goody!" she said in such a relieved tone. "Now I can begin to spend a little of my own money!"—Chicago Tribune.

Good health depends upon good digestion. Wright's Indian Vegetable Pills safeguard your digestion and your health. Tonic as well as purgative. Adv.

Was His Own Fault.

"Mercy!" exclaimed the presiding elder, gazing shocked out of the window. "I believe your children are trying to kill one of their number, Brother Johnson! Ah!—now they have set upon him with clubs and are beating him savagely. You can hear his cries, and—"

"Aw, the one that's doing the yelling ain't none of my young 'uns," nonchalantly replied Gap Johnson of Rumpus Ridge. "He belongs to one of the neighbors—I can tell that by the fact that he ain't swearing. Something wrong with that kid, anyhow; every time he gets heated up he comes over yur for another beating."—Kansas City Star.

A truthful enemy is better than a lying friend.

New York has 53,333 September registered enemy aliens.

All He Wanted to Say.

Johnny's mother had been helping him cut out pictures one rainy day, so he was rather disappointed to see a woman coming to call. He concealed his feeling well, however, but finally standing before the visitor, he asked: "Are you going in a little while?" "Yes," replied the visitor, "I'm afraid I must."

"Well," said Johnny with a bright smile, "I just wanted to say, I'm sorry you have to go."

Its Complexion.

"Her face is her fortune."

"Is she trying a skin game?"—Baltimore American.

Spanish Influenza can be prevented easier than it can be cured.

At the first sign of a shiver or sneeze, take



Standard cold remedy for 20 years—in tablet form—safe, sure, no opiates—breaks up a cold in 24 hours—relieves grip in 3 days. Money back if it fails. The genuine box has a Red top with Mr. Hill's picture. At All Drug Stores.

W. N. U., CINCINNATI, NO. 51-1918.

You Are Dying By Acid
When you have Heartburn, Gas, Bloat, and that Full Feeling after eating. TAKE ONE

EATONIC

FOR YOUR STOMACH'S SAKE

Rids you of the Excess Acid and Overload and you will fairly feel the GAS driven out of your body—THE BLOAT GOES WITH IT.

IT GIVES YOU REAL STOMACH COMFORT

Sold by druggists generally. If your druggist can't supply you a big box of Eatonie for 50c, send us this adv. with your name and address and we will send it to you—you can send us the 50c after you get it. Address Eatonie Remedy Co., 1018 S. Wabash Ave., Chicago, Ill.

A Misfortune.

"Now you've made Dick angry and he's gone off." "But I didn't know he was loaded."

The cemeteries are full of people who thought they weren't sick enough to call in a doctor.

Your Eyes
Granulated Eyelids. Eyes inflamed by exposure to Sun, Wind and Wind quickly relieved by Murine Eye Remedy. No Smarting, Just Eye Comfort. At Your Druggist or by mail 50c per Bottle. For Book of the Eye free write Murine Eye Remedy Co., Chicago.

In a Newspaper Office.

"Any naval engagement tonight?" "No; but I've a military wedding."—Chicago Daily News.

Keep clean inside as well as outside by taking a gentle laxative at least once a week, such as Doctor Pierce's Pleasant Pellets. Adv.

Nocturnal Habit.

"Would you call a cat carnivorous or omnivorous?" "All I know about cats is that they are voracious."

Appropriate.

"Jobs is itching for reform." "I suppose that is why he scratches the ticket."



Kill Dandruff With Cuticura
All Druggists: Soap 25, Ointment 25 and 50. Talcum 25. Sample each free of "Cuticura, Dept. X, Boston."

Old Folk's Coughs
will be relieved promptly by Piso's. Stops throat tickle; relieves irritation. The remedy tested by more than fifty years of use is

PISO'S